



Personal Trainer

Name: Wyndee Phillips

Education: AA Education. Central Oregon Community College

Certifications & Trainings:

- American Council on Exercise (ACE) Certified
- Aquatic Exercise Association (AEA) Certified
- Red Cross Swim Instructor Certified
- Tai Chi (8 step for balance) Certification
- Sculpting her Body Perfect training
- Aqua Pilates Training
- AQX Sports Intelligent Training
- CPR/AED training
- Ongoing nutritional training

Services Offered:

- Land & Aquatic Training
- Cross training, Total Fitness and core conditioning
- Fitness assessments: including body fat, cardio respiratory fitness, muscle imbalances, strength and flexibility.
- Basic weight management through general diet analysis and proper exercise.

Training Philosophy:

My focus is to improve your life through a total fitness program which includes training in the following area's: Muscular balance, endurance, strength, flexibility, cardio respiratory fitness, and proper nutrition. I am committed to keeping your training safe and fun by offering variety to fit your goals and improving lifestyle. I am continually attending trainings and educating myself on the latest health and science news in hopes that it will be of some benefit to you.

My passion is your success!